

## **Banana**

### **Ingredients**

1 medium (30g) banana

### **Method**

1. Peel, chop and mash the banana.

### **Notes**

Banana is a great fruit to give your baby when trying to get exchanges taken each day. This recipe is also tasty mixed with other fruits, for example raspberries or strawberries.

1 medium (30g) banana equals 1 exchange.